

New York's Childhood Overweight and Obesity Prevention Program



Promoting Healthy Lifestyles

State of New York
George E. Pataki, Governor

New York State Department of Health
Antonia C. Novello, M.D., M.P.H., Dr.P.H., Commissioner

Did you know?

- Obesity among children and adolescents has tripled over the past three decades.
- Children who do not have healthy eating habits or do not get enough exercise are more likely to become overweight or obese and may increase their risk of developing other diseases and conditions including:
 - Type 2 Diabetes
 - High Blood Pressure
 - Joint Problems
 - Asthma
 - Sleep Disturbances
 - Depression
- Children and teens who are physically active and physically fit achieve higher test scores in math and reading. Children who have proper nutrition and eat breakfast perform better in school.

As parents, teachers and school administrators, you can help:

- by providing healthy meals, snacks and beverages,
- increasing opportunities to be physically active,
- reducing time spent in front of the television or computer
- and being a good role model.

After all, obesity is not just a kids' problem, it affects us all.

The principles of Activ8Kids!:

5 Fruits and Vegetables
+
1 Hour of Physical Activity
+
**2 Hours or less
of TV or Screen Time**
=
Activ8Kids! Each Day

Remember the principles
of Activ8Kids!:



Each
Day!

Obesity Prevention Program
518-408-5126

www.health.state.ny.us/prevention/obesity/activ8kids